

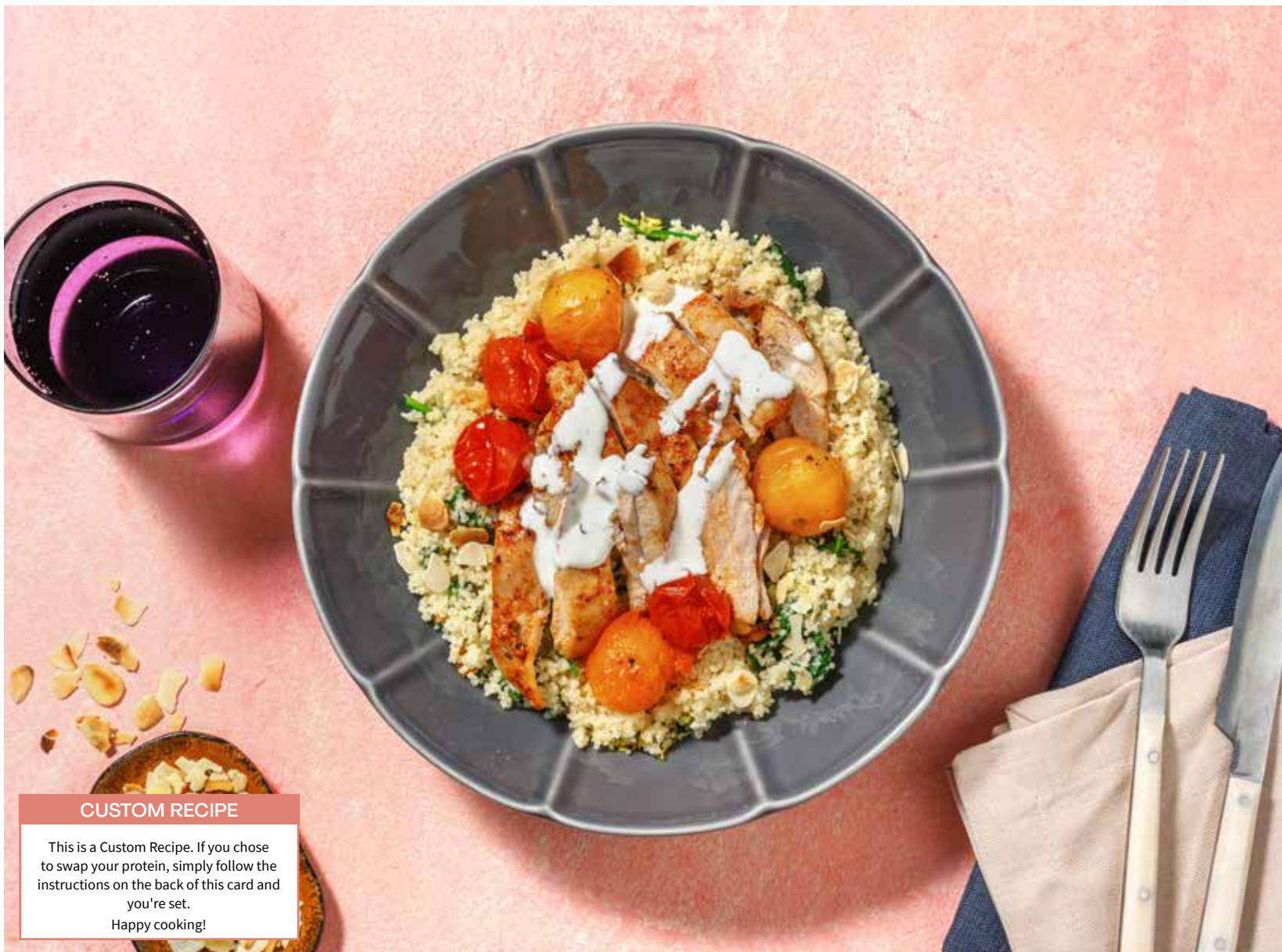


Harissa and Honey-Glazed Chicken Thighs

with Almond Couscous and Garlic Sauce

Discovery

30 Minutes



Chicken Thighs



Chicken Breasts



Couscous



Baby Heirloom Tomatoes



Baby Spinach



Lemon



Garlic, cloves



Almonds, sliced



Mayonnaise



Honey



Harissa Spice Blend



Chicken Broth Concentrate

CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set. Happy cooking!

HELLO HARISSA SPICE BLEND

This fragrant chili pepper seasoning is commonly used in North African cuisine!

Start here

- Before starting, preheat the broiler to high.
- Wash and dry all produce.

Garlic Guide for Step 5 (dbl for 4 ppl):

- Mild: ¼ tsp
- Medium: ½ tsp
- Extra: 1 tsp

Bust out

Medium bowl, medium non-stick pan, medium oven-proof pan, measuring spoons, zester, medium pot, 2 small bowls, measuring cups, paper towels

Ingredients

	2 Person	4 Person
Chicken Thighs*	280 g	560 g
Chicken Breasts*	2	4
Couscous	½ cup	1 cup
Baby Heirloom Tomatoes	113 g	227 g
Baby Spinach	56 g	113 g
Lemon	1	1
Garlic, cloves	2	4
Almonds, sliced	28 g	28 g
Mayonnaise	2 tbsp	4 tbsp
Honey	1 tbsp	2 tbsp
Harissa Spice Blend	1 tbsp	2 tbsp
Chicken Broth Concentrate	1	2
Unsalted Butter*	1 tbsp	2 tbsp
Sugar*	¼ tsp	¼ tsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

† Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Contact

Call us | (855) 272-7002
HelloFresh.ca

    @HelloFreshCA



Prep

- Zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut **any remaining lemon** into wedges.
- Roughly chop **spinach**.
- Peel, then mince or grate **garlic**.
- Stir together **honey** and **Harissa Spice Blend** in a small bowl.
- Add **tomatoes** and **½ tbsp oil** (dbl for 4 ppl) to another small bowl. Season with **salt** and **pepper**, then toss to coat.



Broil chicken and tomatoes

- Arrange **tomatoes** around **chicken** in the pan. (**NOTE:** If you don't have an oven-proof pan, carefully transfer chicken and tomatoes to an 8x8-inch baking dish [9x13-inch for 4 ppl].)
- Broil in the **middle** of the oven until **tomatoes** burst and **chicken** is cooked through, 7-8 min.**



Cook couscous

- Add **lemon zest, broth concentrate, ⅓ cup water, 1 tbsp butter** and **⅛ tsp salt** (dbl all for 4 ppl) to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, add **spinach**, then stir until wilted.
- Remove the pot from heat, then add **couscous**. Stir to combine.
- Cover and let stand for 5 min.



Toast almonds and make sauce

- Meanwhile, heat a medium non-stick pan over medium heat.
- When hot, add **almonds** to the dry pan. Toast, stirring often, until golden-brown, 2-3 min. (**TIP:** Keep your eye on them so they don't burn!)
- Transfer to a plate.
- Add **mayo, 2 tsp lemon juice, ⅛ tsp sugar** (dbl both for 4 ppl) and **garlic** to a medium bowl (**NOTE:** Reference garlic guide.). Season with **salt** and **pepper**, to taste then stir to combine.



Sear chicken

- Meanwhile, pat **chicken** dry with paper towels. Season with **salt** and **pepper**.
- Heat a medium oven-proof pan (large pan for 4 ppl) over medium-high heat. When the pan is hot, add **1 tbsp oil** (dbl for 4 ppl), then **chicken**. Sear until golden-brown, 2-3 min per side.
- Remove the pan from heat, then spoon **harissa-honey mixture** over **chicken**.

If you've opted to get **chicken breasts**, prepare and cook them in the same way the recipe instructs you to prepare and cook the **chicken thighs**.



Finish and serve

- Fluff **couscous** with a fork then stir in **almonds**.
- Thinly slice **chicken**.
- Divide **couscous** between bowls. Top with **chicken, tomatoes** and **any remaining sauce** in the pan.
- Drizzle **garlic sauce** over top.
- Squeeze **lemon wedge** over top, if desired.

Dinner Solved!